

A COUNTY OF SAN DIEGO PARKS AND RECREATION DEPARTMENT FACILITY



LAKE SIDE COMMUNITY CENTER

ACTIVITY & PROGRAM GUIDE

WINTER/SPRING 2008



CREATING COMMUNITIES THROUGH PEOPLE, PARKS AND PROGRAMS.

www.sdparks.org • Now Online Registration, See page 2

Ways To Register



Register Online: You can now register online for activities at no additional cost using a Visa, MasterCard or American Express. The mouse icon indicates which activities are available for Internet Registration. Please visit www.sdparks.org and click on the online registration icon or go to Community and Teen Centers- Online Registration. You will then be directed to the online registration program. Follow the instructions and in minutes, from the comfort of your own home, you will be registered for your favorite activities.

In Person: Register in person at the Community Center office, located at 9841 Vine St. in Lakeside. We are open weekdays, Monday through Friday 8:00 a.m. - 5:00 p.m. Cash, check, or credit card (Visa or Mastercard) are accepted. Please make checks payable to the Lakeside Community Center.

By Phone: Call the Community Center office (619) 443-9176 to register using a credit card.

Refunds: Fees are refunded or credit offered only if an activity is cancelled.

Financial Aid: Scholarships are available for preschool, call the Community Center Office at (619) 443-9176 for details.

Lakeside Community Center Staff

Director	Maryjane Ortiz	
Program Coordinator	Brandon Schroeder	
Office Manager	Liz Peterson	
Office Staff	Helen Porter	
REC Club Director	Ryan Flickinger	
REC Club Staff	Caroline Bartolome	Amber Sunde
	Miguel Navarette	Peter Dagalea
Preschool Director	Harriet Whitmore	
Preschool Teachers	Cheryl McGee	Star McFarland
	Alli Whitmore	
Building & Grounds Staff	Charles Goodwin	Mike McGee
	Brendan McCloskey	George Shaw

Welcome to The Lakeside Community Center

The Lakeside Community Center is aptly named, as its on the shore of Lindo Lake, which provides a scenic background for the modern facility. Lindo Lake County Park is the recreational center of the community, with its family and group picnic areas, dance ramada, play areas, softball field, horseshoe pits, fishing, and tennis courts. The park is also home to the local County Library.

The Community Center offers a wide array of programs and services to the youth, adults, and seniors of Lakeside and the surrounding area. Whether it be preschool, karate instruction, or driver training, you'll find something of interest here. For those who are looking for a site for a meeting, birthday party, or wedding, be sure to see our rental information (back page).



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Phone Number Directory

Emergency Numbers

Sheriff Emergency	911
Medical Emergency	911
Poison Control	(800) 876-4766
Fire Department Emergency	911
Animal Control Emergency	911
SDG&E Emergency	(800) 611-7343

County Parks Offices

Lakeside Community Center	(619) 443-9176
County Parks & Rec. Info.	(858) 565-3600
Lindo Lake Park Information	(858) 966-1361

County/Government

Lakeside Library	(619) 443-1811
Lakeside Union School District	(619) 390-2600
Animal Control	(619) 263-7741
Lakeside Sheriff non-emergency	(858) 565-5200

Other Organizations

AYSO	(619) 561-3758
Lakeside Boys & Girls Club	(619) 443-9293
Lakeside Chamber of Commerce	(619) 561-1031
Neighborhood Health Clinic	(619) 390-9975

Utilities

Lakeside Water	(619) 466-3805
Riverview Water	(619) 561-1333
SDG&E	(800) 411-7343

Director's Message



The Lakeside Community Center, located within Lindo Lake Park, is surrounded by numerous walking trails, beautiful sceneries, and opportunities for you, your family and your pets to enjoy the outdoors.

In addition to our park's recreational options, the Lakeside Community center is committed to providing a safe and healthy environment for all residents to enjoy. In response to the growing obesity rates in California and the nation, the Lakeside Community Center has increased its efforts in providing programs that will increase physical activity and wellness.

Our "Live a Healthy Life... Recreate" logo identifies programs and activities that offer a health and wellness benefit to the participant. Look for the logo throughout the program guide to help you make a better informed choice. We have also added a "Fit Tips" section to our program guide (on page 12) where you can learn more about living healthier.

The priority of the Lakeside Community Center, and the County of San Diego Department of Parks and Recreation, is to create a healthy community by providing a broad range of affordable programs that are sure to benefit every lifestyle.

Sincerely,

Maryjane Ortiz, Lakeside Community Center Director
County of San Diego Department of Parks and Recreation

The Lakeside Community Center Activities Program is published three times a year by the County of San Diego Department of Parks and Recreation, 9150 Chesapeake Drive, Suite 200, San Diego, CA 92123-1061.

Address correspondence regarding this publication to:

Lakeside Community Center, P.O. Box 1708 Lakeside, CA 92040
or e-mail us at maryjane.ortiz@sdcounty.ca.gov

Board of Supervisors:

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Dianne Jacob, District 2
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Ron Roberts, District 4
Bill Horn, District 5

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Walter F. Ekard

Department Director:

Renée E. Bahl



HOLIDAYS

THE LAKESIDE COMMUNITY CENTER
OFFICE WILL BE CLOSED ON THE
FOLLOWING DATES:

JANUARY 21, MARTIN LUTHER KING, JR.
FEBRUARY 18, PRESIDENT'S DAY
MARCH 31, CESAR CHAVEZ' DAY



3rd Annual IT'S HOW WE LIVE!



A FREE COMMUNITY EVENT FOR THE ENTIRE FAMILY

- Giveaways
- Live Entertainment
- Rock Climbing Wall
- Games and Activities
- Information Booths
- Safety Demonstrations
- Health Screenings
- and Much More!

Saturday, April 5th, 2008
10 a.m. – 2 p.m.
(following the Run For the Arts)

Lindo Lake Park
9841 Vine St.
Lakeside, CA
For more information call:
(619) 443-9176



Spring Egg Hunt

Saturday, March 22, 2008
9 - 11 a.m.
Lindo Lake Park

- Egg Hunt
- Bounce House
- Prizes
- FREE!

For more information call:
(619) 443-9176



Tiaras & Taffeta

East County's premiere collection
of Wedding & Quinceanera
Event Professionals...

Sunday, March 9th, 2008
11 a.m. – 7 p.m.
Lakeside Community Center
9841 Vine Street
Lakeside, CA 92040

*Registration Fee:
\$10 at the door / \$8 pre-registration discount

For more information or to pre-register call us today at
(619) 246-0915 or log on to www.mytiaraday.com





A Child's Center of Wonder & Discovery Preschool

"We believe that every child has the natural ability to learn... in their heart and at their center is wonder and discovery."

Harriet Whitmore, Director
A Child's Center of
Wonder & Discovery



Looking for a half-day Preschool Program for busy, curious children? Do you want your child to love learning and love going to school? Then check us out! A Child's Center of Wonder & Discovery is a one of a kind Preschool! Come see for yourself. Call to schedule a tour of our exceptional classroom environments.

Children are natural learners and deserve a stress-free and stimulating environment to:

- **Explore and discover the world of learning**
- **Stimulate their growing minds**
- **Give them the confidence to succeed**
- **Promote creativity**
- **Instill a LOVE of learning**
- **Scholarships available**

Date: Tues./Thurs. 8:30 - 11:30 a.m.
Ages: 3 & 4 years class
4 & 5 years class (Pre K)
Must be 3 years by Dec. 2, 2007
Fee: \$38 per week

Date: Wed/Fri. 8:30 - 11:30 a.m.
Ages: 3 & 4 years class
Must be 3 years by Dec. 2, 2007
Fee: \$38 per week

Date: Mon./Wed/Fri. 8:30 - 11:30 a.m.
Ages: 4 & 5 years class (Pre K)
Must be 4 years by Dec. 2, 2007
Fee: \$57 per week

Date: Tues./Wed/Thurs. 12:30 - 3:30 p.m.
Ages: 4 & 5 years class (Pre K)
Must be 4 years by Dec. 2, 2007
Fee: \$57 per week

Date: Mon. thru Fri. 8:30 - 11:30 a.m.
Ages: 4 & 5 years class (Pre K)
Must be 4 years by Dec. 2, 2007
Fee: \$95 per week

Please call Harriet Whitmore
for a tour, 619-443-4834 or
check out our web site
www.wonderanddiscovery.com

Lic.# 376700063

Gymnastics Classes by Gymtrix



These classes include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence.

Maximum enrollment is 10 per class, so please register early!

Days: Tuesday nights
Session 1: February 12 - April 1
Session 2: April 8 - May 27
Time: see below
Fee: \$59 per session
Age: see below
Room: Moreno Room



Wee Gymnastics

Time: 5:45 - 6:15 p.m.
Ages: 1-2

This is a half hour parent participation gymnastics class. Students and parents will go over basic gymnastics skills as well as games.

Kindergym

Time: 4:15 - 5 p.m. or 6:15 - 7 p.m.
Ages: 3-5

This 45 minute gymnastics class will go over elementary gymnastics skills on the floor, low balance beam, and mini bar.

Tumbling 1

Time: 3:30 - 4:15 p.m.
Ages: 6 & up

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers.

For more information please call (619) 443-9176 or (619) 659-8772.
 Register online (see page 3 for details) or please bring registration slip into Community Center office.

Winter/Spring 2008

Parent's name: _____ Participant's name _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ Work Phone: _____
 Class: _____ Class Day/Time _____ Class Total _____
 \$: _____
 Method of Payment: Check # _____ Cash _____ Money Order _____
 Visa or Mastercard # _____ Expiration Date _____

Sam Frazier School of Tang Soo Do

Traditional Karate

We are committed to teaching traditional martial arts to the dedicated student with the most efficient and effective teaching methods while enhancing the integrity and traditions of the ancient martial arts. We accept all dedicated students including the physically challenged.

Formal black belt training certified by The World Moo Duk Kwan Tang Soo Do Federation.

Instructors: Sam Frazier - Bonnie Welch
Days: Mondays & Wednesdays
Time: 3:30 - 5 p.m.
Fee: See instructor
Age: 7 and up
Limit: 30 students

www.tangsoosam.com



Champion Youth Outreach Pom & Cheer

New! Students learn cheers, chants, forms and technique, dance steps and voice projection.

At the end of each 12-week session, we hold a cheer performance event at a college gym.

All students are invited to perform their choreographed cheering routine for relatives and friends!

Days: Wednesdays
Dates: January 30 – April 9
Times: 5:45 - 6:25 p.m. for ages 5 - 8
 6:30 - 7:10 p.m. for ages 9 - 13
Fees: \$7 per week or \$6 per week when paid in full, plus \$6 registration fee
Room: Main Hall

Call 800-956-6956 for more information.



Libre Self-Defense Academy

We have developed a comprehensive and affordable program suitable for children and preteens. Areas of study include basic self-defense, blocking, sticking, escaping from common holds, protecting yourself on the ground, and confronting multiple opponents.

Our classes are taught in a positive and constructive environment, supervised by a child-care professional. We offer a belt-ranking system, to keep our students motivated. In addition, we also feature bi-annual guest speakers from the Santee Sheriffs Department who discuss such issues as "stranger safety", "fire safety", "internet safety", and "danger awareness".

Instructor: Scott Babb
Days: Thursdays
Time: 6:30 - 7:45 p.m.
Ages: 6 & up
Location: Main Hall

For more information call: (619) 933-4134



Champion Youth Outreach Hip Hop Dance

New! Students learn the fundamentals of modern dance and Hip Hop. Popular with both girls and boys, this program promotes artistic expression, movement and teamwork in a fun, musical environment. At the end of each 12-week session, we hold a dance competition at a college gym where students perform for families and friends!

Days: Thursdays
Dates: January 31 – April 10
Times: 5:45 - 6:25 p.m. for ages 6-8
 6:30 - 7:10 p.m. for ages 9-13
Fees: \$7 per week or \$6 per week when paid in full, plus \$6 registration fee
Room: Moreno Room

Call 800-956-6956 for more information.



Toddlers' Tango & Babies Boogie



The program strives to help children's brain development through the love of music and movement. The program incorporates social skills, cognitive skills, concepts, gross motor skills and laughter. It is a fun, unique experience!

Instructor: Kendra Brownsberger
Days: Mondays
Time: 9:30 - 10:15 a.m.
 (8 months - 24 months)
 10:30 - 11:15 a.m. (2 - 4 years)
Fees: \$60.00 for six week session
Location: LCC (Lakeshore Room)



FREE DEMO! February 4th at 10:00 a.m., Ages 8 months - 3 years
 For more information or registration call (619) 253-1067
 or visit www.toddlerstango.com

Kamali'i O K e Mua



(Children of Our Future) Polynesian Dance Lessons

Students will learn the basics foot and arm motions for Polynesian dancing, poise; coordination, self-esteem, and most importantly dance routines. All dance backgrounds are certainly welcome.

*Following the eight week session will be a group performance for family and friends, along with a live performance by Kaleo Onalani Polynesian Dancers.

Days: Thursdays
Dates: January 17 - March 6
Fee: \$25
Ages: 3 - 12
Time: 4 - 5 p.m.
Location: Main Hall

New! Kids In Dynamic Shape



(KP KIDS™)

This is a complete health program designed for kids ages 5-12 and their families that helps to improve eating and exercise habits for the whole family. Sessions will include interactive group learning, physical activities, games, prizes, and more!

Este programa tambien se ofrece en español.

Days: Wednesdays
Dates: January 30 - March 5,
 Orientation January 23 at 4:30 p.m.
Time: 4:30 - 5 p.m.
Fees: FREE!
Ages: 5 - 12
Location: meet in the Moreno Room



Please call the Neighborhood Health Clinic at (619) 390-9975 to register.



Coming this Summer

Engineering Fundamentals With Legos®

- Develop and enhance students' problem solving and critical thinking skills
- Expose children to concepts and vocabulary of Engineering, Architecture, and Physics
- Provide an opportunity to have a great time with a terrific building toy
- This is a hands-on and minds-on class suitable for LEGO™ novices to "maniacs."
- We will provide all materials for the classes.



For more information call (619) 443-9176
 or visit www.play-well.org

Tennis Program

The program includes:

- T-Shirt
- 6 week Program
- 24 hours of instruction
- A tennis racquet if needed
- Certificate of participation



For more information call (619) 985-7388

Science Camp

- Gizmos, Gadgets and Goop
- Science Detective
- Extreme Sports Science
- Space and Rocketry

For more information: www.scienceadventures.com
 1-888-458-1812



Lakeside REC Club



The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the clubs offer opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and educational activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the programs is to encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

Weekly Activities Include:

- Arts and crafts
- Homework assistance
- Tutoring
- Counseling services
- Nutrition workshops
- Video production
- Leadership groups
- Diversity training
- Team building initiatives
- Community service projects
- Talent shows
- High school only events
- Dance, fitness, cooking, ceramics, guitar, computer, and DJ classes.



In addition, the REC Clubs offer a variety of off-site activities including:

- Rock climbing
- Surfing
- Kayaking
- Skateboarding
- Snowboarding
- Mountain biking
- Camping
- Sporting events
- Beach trips
- Amusement parks
- Museum of Tolerance
- Performing arts productions



For More info please contact Ryan Flickinger Program Coordinator at (619) 443-4169.

County of San Diego Department of Parks and Recreation
Lakeside Critical Hours Program.

LAKE SIDE BRANCH LIBRARY PRESENTS

Celebrate Black History Month: CultureShock Hip Hop Dance Troupe – performance for all ages

Days: Thursday,
Dates: February 7th
Time: 5 p.m.
Location: Lakeside Community Center, Main Hall

The troupe has stomped across MTV Studios; just did it at Nike; set it off on NBA and WNBA courts; brought their game to ESPN; and dropped some bling at Las Vegas' MGM Hotel & Casino. Now see 'em in Lakeside!

Travis Daudert Jazz Duo

Days: Friday,
Date: January 18
Time: 1 p.m.
Location: Lakeside Community Center, Main Hall

The Travis W. Daudert mellow duo of guitar and saxophone will feature jazz standards and classics from the 1930's through today and may even include original jazz compositions.

Look for these upcoming events at the Lakeside Branch Library:

- Preparing for Digital Television presentation by the FCC
- Wildfire Prevention
- Friends of the Library Meetings
- Adult Book Discussion Group
- PC Mentoring

New! PT for Dogs

Puppy Kindergarten

Build a strong relationship with your new puppy based on trust and cooperation. Puppy classes are an indispensable foundation for the rest of your dog's life. All training is gentle and fun, and you will learn how to help your puppy blend into your family.

Days: Mondays
Dates: January 7 – March 10
Time: 6 – 6:45 p.m.
Ages: 8 - 20 weeks
Fee: \$80



Basic Dog Obedience

Build a strong relationship with your dog based on trust and cooperation. The dogs will learn self-control and good manners.

Days: Mondays
Dates: January 7 – March 10
Time: 7 – 7:45 p.m.
Ages: 4 months and older
Fee: \$80

Dogs must be current on all shots.

Please call or email Pamela at (619) 888-3139 pjohnson45@cox.net to reserve your spot and if you have any questions.

Vine Street Dental Clinic

A Healthy Smile is Part of a Healthy Body
Every child needs a dental and medical home.

Vine Street Dental Clinic

(619) 390-9135 - La Maestra El Cajon Dental Clinic

(619) 328-1335 - San Diego County Dental Society

(619) 275-0244 - www.sharethecaredental.org



New! Ballroom Dance Classes



Learn the Art of Partner Dancing!

This program is designed to cover the basics of social partner dancing in a variety of dance styles. Learn fundamental patterns, styling, and leading and following skills. 2 new classes will be introduced every 6 weeks. The classes in each session will be progressive, so every class will build on the class before.

Classes are beginner level and no experience is necessary!

Bringing a partner is great- but not necessary!

Days:	Tuesdays
Time:	7 - 7:45 p.m. class 1 8 - 8:45 p.m. class 2
Fees:	\$50 for 6 week session (1 class) \$80 for 6 week session (2 classes) \$10 Drop-in per class
Location:	Moreno Room
Dates:	
Session 1	Jan. 22 - Feb. 26 7 p.m. Salsa 8 p.m. Swing/Jitterbug
Session 2	March 4 - April 8 7 p.m. Salsa Level 2 8 p.m. Tango
Session 3	April 15 - May 20 7 p.m. Cha-cha 8 p.m. Foxtrot

For more information contact Rebecca Grohowski at (619) 787-6376 or rebecca@dancingtogether.com

Register at the Lakeside Community Center.
www.DancingTogether.com

Square Dancing



With the Alpine Square Dance group.

Days:	Friday nights
Time:	6:30 - 9 p.m.
Cost:	\$3.50 at the door
Room:	Moreno Room

For more information: Call (619) 443-7907

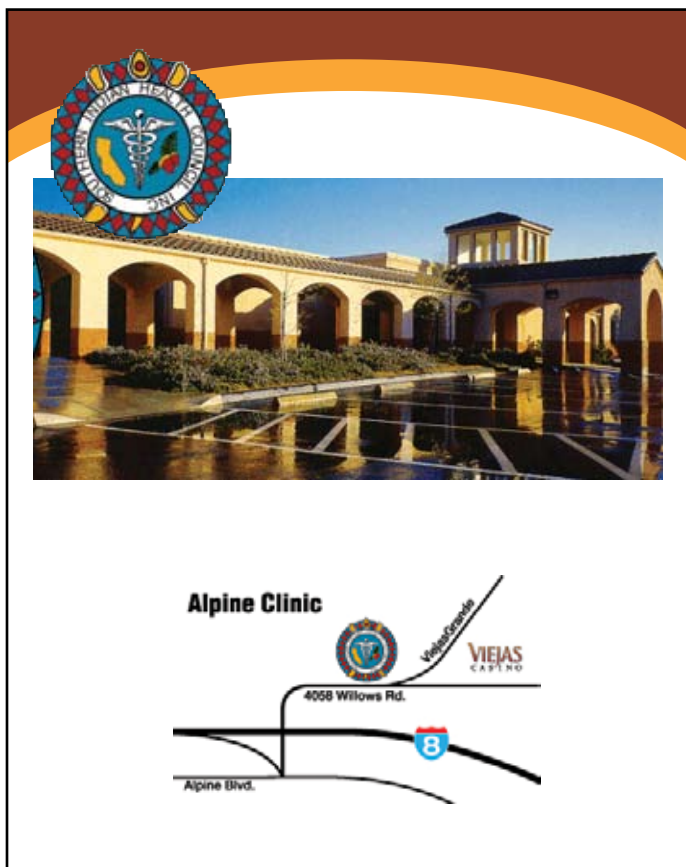
Line Dancing



For all levels of students. Open dance immediately follows class.

Instructors:	Cathie Lopez & Jody Kravitz
Days:	Mondays
Time:	Beginners: 6:15 - 7:15 p.m.
Intermediate:	7:30 - 9 p.m.
Cost:	\$5.00 per class at the door
Room:	Moreno Room

For information or to register: Call (866) 498-0502 www.5678fun.com



Drawing and Watercolors

Basic techniques in using watercolor and drawing materials, all levels of experience.

Instructor:	Cleeton, E
Session:	TBA
Days:	Wednesdays
Time:	9 a.m. - 12 noon
Fee:	\$5.00
Location:	LCC (Moreno Room)
Registration:	Register and pay fees in the classroom at the first meeting

Drawing

Drawing, pencil, pen and charcoal, all levels of experience.

Instructor:	Cleeton, E
Session:	TBA
Days:	Tuesdays
Time:	9 a.m. - 12 noon
Fee:	\$5.00
Location:	LCC (Moreno Room)
Registration:	Register and pay fees in the classroom at the first meeting.

New! Tai Chi



This Chinese martial art promotes health and longevity.

Instructor: Ben Rainer
Days: Mondays & Wednesdays
Time: 11:30 a.m. - 12:45 p.m.
Location: Moreno Room
Fee: No Fee

General Exercise



Instructor: Morgan, A.
Days: Mondays & Wednesdays
Time: 2:15 - 3:15 p.m.
Fee: No Fee
Location: LCC (Main Hall)

Walking for Fitness



Join us for a walk around Lindo Lake.

Instructor: Morgan, A.
Session: TBA
Days: Mondays & Wednesdays
Time: 8:30 a.m. (stretch) 8:45 a.m. (walk)
Fee: No Fee
Location: Meeting and Starting point LCC (Main Hall on the patio)

New! Nutrition and Exercise



Learn how to eat healthy and meet your exercise goals forever! This class will give you all the essentials you need to lose weight, maintain your weight or just stay healthy.

Instructor: Tara Caplan
Days: Tuesday and Thursday
Time: 10 a.m. - 12 noon
Fee: No Fee

FIT TIPS

Make Your New Year's Fitness Resolutions a Success; Life Time Fitness Five Tips to Support New Year's Fitness Vows

1. RELAX. Remember that fitness is a continuous pursuit. You have the rest of your life to improve it -- not just this winter or before swimsuit season starts. The goal is to improve a little bit every day, not to go from couch potato to triathlete in three weeks. Don't put too much pressure on yourself or you'll set yourself up for frustration, physical injury and failure.

2. RESEARCH. Give some forethought to your fitness approach. Find something you like to do, because you're much more likely to stick with it if you do.

3. REACH SHORT-TERM GOALS. List some achievable, measurable or specific targets by which to track your progress. Remember that a complete fitness program should incorporate fitness, nutrition and education for optimum results. Your fitness program should also be a balance of cardiovascular, strength and flexibility conditioning

4. REALITY CHECK. Many fitness resolutions are too aggressive or even impossible. Be realistic. If you've been sedentary for years, a walk around the block one day may equal success. Good fitness is gradual, measured improvement.

5. REVIEW. Know that you'll have to make adjustments and course corrections along the way. If you start running and it bores you to tears, or if you experience undue discomfort, try something else - reduce your intensity, increase your duration, or mix activities to keep the interest level high and utilize different muscle groups.

SOURCE: Life Time Fitness, Inc.




Thresholds
Home and Family-Directed Funerals

Empowering Families and Friends
to Reclaim the Sanctity of Death

Barbara J. Kernan, RN, BSN
Funeral Director, FDR 2350

Office 619-390-1411
Cellular 619-518-7722
FAX 619-334-2783

homefunerals@cox.net
www.thresholds.us




**Lakeside Veterinary
Hospital Inc.**

Salvador L. Flores D.V.M

Small Animal Medicine & Surgery

9924 Maine Avenue - Lakeside, CA 92040 - (619) 390-2342



ADULT TRIPS SCHEDULE

Whale Watching

LA511.108

We will go on a California Gray Whale watching adventure with San Diego Harbor Excursion. The ships include both indoor and outdoor areas for your comfort. Lunch is included.

Date: Thursday, January 17th
Time: Bus leaves at 8:15 a.m. (return approx. 3 p.m.)
Cost: \$40

Reuben H. Fleet Science Center @ Balboa Park

LA512.108

This trip includes admission to the Science Center, I Max film, lecture and exhibits. Lunch will be on you own in Balboa Park.

Date: Monday, February 4th
Time: Bus leaves at 10 a.m. (return approx. 4:30 p.m.)
Cost: \$20

"Oklahoma" @ Welk Resort Theatre

LA513.108

Join us on a trip to Welk Resort for a show and buffet lunch.

Date: Thursday, March 13th
Time: Bus leaves at 10 a.m. (return approx. 5 p.m.)
Cost: \$65

Hiking Trip @ Louis Stelzer Park



LA514.108

Come to see beautiful views and spring time flowers, while enjoying a guided hike at Louis Stelzer Park. Lunch is also included.

Date: Thursday, April 17th
Time: Bus leaves at 10 a.m. (return approx. 2 p.m.)
Cost: \$15

*All trips include transportation from the Lakeside Community Center to our destination, and back.

English as Second Language

Free class teaches non-native speakers to read and speak English;

Days: Tuesdays
Time: 1 - 2:45 p.m.
Location: Lakeshore Room

For more information call Beverly Bennett (619) 440-3078.
 Provided by the Laubach Literacy Council of San Diego County, Inc.

Elder Law & Advocacy

Free Legal Services for Seniors 60 & Over

Over 40 Community Locations including the Lakeside Community Center

3675 Ruffin Rd, Ste 315 San Diego CA 92123
 858-565-1392, www.seniorlaw-sd.org
 Funded by Aging & Independent Services

WAL★MART®

ALWAYS LOW PRICES

ALWAYS

13487 Camino Canada - El Cajon, CA 92021

We All Live Downstream



CAN your Litter!



COUNTY OF SAN DIEGO
WATERSHED PROTECTION PROGRAM

(888) 846-0800 www.sdcounty.ca.gov/dpw/watersheds

Nutrition Program

(by Salvation Army)



Breakfast

A continental breakfast consisting of coffee and pastries.

Days: Monday through Friday
Time: 9 - 11 a.m.
Cost: 25 ¢ donation
Room: Main Hall

Bingo

Days: Monday, Wednesday, and Friday
Time: 10:30 - 11 a.m.
Cost: See site manager
Room: Main Hall

Lunch

A delicious and nutritious meal offering items from all the food groups.

Days: Monday through Friday
Time: 11:30 a.m.
Cost: Suggested Donation: \$3.00 for seniors 60+
\$5.00 for non-seniors
Room: Main Hall

Lakeside Community Collaborative

Mission Statement:

The Lakeside Community Collaborative represents and promotes coordinated health, education, social, and recreation services to improve the well-being of the people of Lakeside, thereby contributing to a healthy thriving community in which all are valued and nurtured.

Meeting Dates: January 28, February 25, April 28
Meeting Times: 3 - 4:30 p.m.
Location: Lakeside Union School District Office
12335 Woodside Avenue

For more information please contact Nancy Fink at (619) 820-7653 or nfink@sdcoe.net.

Lakeside Highway Lions

Days: 2nd and 4th Tuesday of each month
Location: Santee/Lakeside Elks Club
11633 Woodside Ave.
Lakeside, CA 92040
Fee: \$5 for dinner
Website: www.highwaylions.com

55 Alive Driver Training

The nation's first and largest classroom refresher for motorists age 50 and older.

- Learn how to avoid driving hazards
- Minimal course fee
- No tests



Dates: February 5 & 12, April 1 & 8.
Times: 8:30 a.m. - 12:30 p.m.
Room: Lakeshore Room
Cost: \$10

Auto insurance discounts in most states – consult your insurance agent.

For information, call toll-free: 1(888) 227-7669 (1-888-AARP-NOW)
www.aarp.org/55alive



*Leo's
Lakeside Pharmacy*

Serving the community since 1960
Ron Bressinger R.PH.

9943 Maine Avenue - Lakeside, CA 92040
(619) 443-1013 - FAX: (619) 443-8517
info@leosrx.com - www.leosrx.com

Faith Based

We are a new church in East County and we want to invite you to come and worship God with us.
Everyone is welcome and everyone is accepted!

Days: Sundays
Time: 10 a.m. Church Service, 6 p.m. Prayer Meeting
Room: LCC (Moreno Room)

For more information: Call (619) 390-1138

www.thelightchurch.com

AA

General AA Meetings

Tuesdays, Wednesdays and Thursdays - 5:30 p.m.
Saturdays - 1 p.m.

Women's Meetings

Wednesdays - 7 p.m.
Saturdays - 9:30 a.m.

WIC

Days: Every other Thursday
Time: 8:45 a.m. - 12 noon and 1 - 3:30 p.m.
Room: LCC (Lakeshore Room)

For More information: Call (619) 593-1440



American Red Cross

Bereavement Support Group

If you would like to learn more about how to work on healing, during grief, please join us for a free support/educational group offered by VITAS Innovative Hospice Care of San Diego.

Days: Thursdays
Dates: Feb. 21 - Mar. 27
Time: 3 - 4 p.m.
Fees: No Fee
Ages: Adults
Location: LCC (Lakeshore Room)

For more information call: (858) 499-8901

Lakeside Meetings

Lakeside Planning Group

1st and 3rd Wednesdays at 7 p.m. in the Moreno Room
Contact: Rick Smith (619) 561-5949 - rival74@cox.net

Lakeside Design Review Board

2nd Wednesday of the month at 7 p.m. in the Moreno Room
Contact: Robin Clegg 619-561-3942 - rcrusha@cox.net

Chamber of Commerce

4th Wednesday of the month

Lakeside Revitalization Group

May 2

Lakeside Disaster Preparedness Committee

2nd Tuesday of the month
Contact: Susan Conniry (619) 443-2399 - saferlakeside@earthlink.net

Child Development Assessments

A questionnaire screening will check if your child is developing at an appropriate level in the areas of: social, self-help, fine motor, gross motor, communication and speech.

Days: Tuesdays
Time: 8:30 - 10:30 a.m.
Fees: No Fee
Ages: Children 15 months to 5 yrs
Location: LCC (Lakeshore Room)

For more information or to schedule an appointment contact (619) 515-2463.

Provided and Sponsored by Family Health Centers of San Diego and First 5.

LAKESIDE COMMUNITY CENTER

9841 VINE STREET LAKESIDE, CA 92040 (619) 443-9176 FAX (619) 443-5932

The Meyer Hall at The Lakeside Community Center

THE PERFECT LOCAL SETTING FOR YOUR BIG EVENT!

WEDDINGS • BIRTHDAYS • ANNIVERSARIES • BANQUETS



With seating for up to 300 guests (tables & chairs included), our fully air conditioned auditorium is a convenient, attractive and economical place to have a party of any kind. Event rentals include the use of our commercial kitchen with refrigerators, freezers, ovens, stoves and steam tables. So whether you hire a caterer or self-cater your event, you'll have all the tools, support and space you'll need to host an event that your guests will rave about

Community Center Room	Square Footage	Capacity	Private Function/ Commercial Users	Non Profit Organizations / Schools / Ongoing Rentals	Deposit	Table and Chair Rental Fee
Main Hall (weekend)*	4650	714	\$650/150	\$500/125	\$300	\$150
Main Hall (weekday)**	4650	714	\$150	\$125	\$150	\$100
Stage	880	—	\$55	\$30	—	—
Kitchen (with Main Hall only-flat fee)	—	—	\$105	\$80	—	—
Moreno Room	1638	154	\$95	\$60	\$100	\$75
Lakeshore Room	510	30	\$23	\$15	—	—

* 4 Hour Minimum for the Auditoriums on Weekends (Fri. - Sun.) at the 1st rate. Each additional hour at the 2nd rate.

Includes 2 hours of set-up time before event and 1 hour cleaning time after the event

** Includes 1 hour of set up time before event and 30 minutes of cleaning time after the event